

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps

# THE VIGILEER

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Aviano Air Base, Italy

## Fly Bys

### Base Multimedia Center

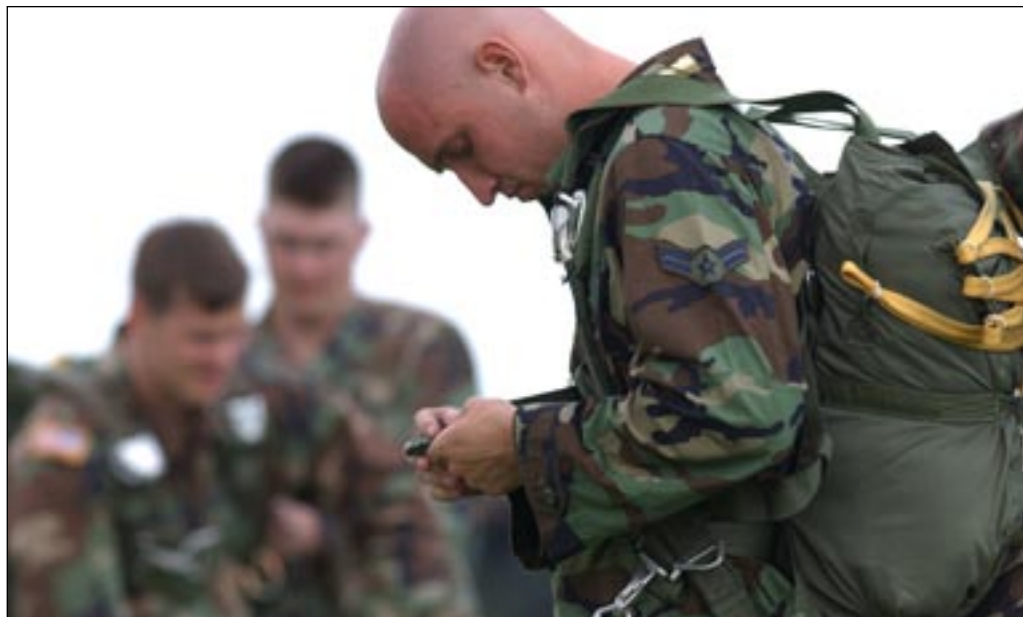
The Base Multimedia Center offers video, graphics and photography service for the 31st Fighter Wing. Located in Flightline Bldg. 941, its customer service hours are 9 a.m. to 4 p.m. Monday, Tuesday, Thursday and Fridays. They are open 9 a.m. to noon Wednesdays. Call Ext. 6008 for more information.

### TDY scheduling

Airmen can schedule official travel as soon as they have valid TDY dates. People do not need orders to call the Aviano Traffic Management Office to being the scheduling process. For more information, call Ext. 5646.

### Little Sprouts

New and expecting parents can sign up for the two-session Little Sprouts class. It's designed to teach basic baby care and normal newborn appearance. The class provides information on infant cues, safety, parenting, discipline, growth and development of children up to 3 years old. The class takes place 5:30 to 7:30 p.m. Monday and Wednesday in Area One Bldg. 108 conference room. Call the New Parent Support Program at Ext. 5667 to sign up.



Staff Sgt. Michael Holzworth

### Modern day warrior

Airman 1st Class Jeff Chairmonte turns off his cell phone before leaving Aviano for a training jump from a Blackhawk helicopter May 19. Airman Chairmonte is a Tactical Air Control Party Airman from Detachment 1, 4th Air Support Operations Group stationed in Vicenza, Italy. TACPs are Air Force specialists assigned to Army combat maneuver units around the world. On the battlefield, they plan, request and direct air strikes against enemy targets.

## Yates assumes wing command

Brig. Gen. Robert Yates assumed command of the 31st Fighter Wing from Brig. Gen. Phil Breedlove in a ceremony here Wednesday.

General Yates was commissioned in 1981 at the U.S. Air Force Academy. He has previously commanded a fighter squadron, an operations group and a fighter wing. Prior to assuming the command here, he served as Assistant Director

of Aerospace Operations at Headquarters Air Combat Command at Langley Air Force Base, Va. General Yates has more than 3,100 flying hours, including 1,100 in the A-10 and F-16 aircraft. He has also flown in the A-7, AT-38B, EC-130E, EC-130H and F-117 aircraft.

General Breedlove will be a senior operational commander at Ramstein Air Base, Germany. (31st Fighter Wing Public Affairs)

**Got shots?** Airmen can visit the Aviano Immunization Clinic in Area One to make sure their shot records are updated. Walk-ins are accepted.



### Airmen health

Hundreds of Airmen and their health are being tracked for more than 20 years in a study on the affects of military life.

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### Aviano photos

The 31st Fighter Wing has been one busy base, from tower destruction to commander final flights.

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### Volleyball

Aviano hosted teams from around Europe for the 2005 U.S. Air Forces in Europe Volleyball competition.

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**U.S. Air Force**

# The Secretary's Vector

## Maximizing Warfighting Capabilities Through Change

I've witnessed our Air Force's extraordinary operational success adapting to today's dynamic global environment.

The remarkable teamwork of our Airmen, civilians, families, and local communities strengthens America's Air Force and Department of Defense operations around the world.

After hearing the DoD's 2005 Base Realignment and Closure recommendations, which focused on reducing excess infrastructure and increasing joint military capability, I want you to know that the Air Force has been a significant player in the process.

We helped formulate these recommendations through the DoD Infrastructure Executive Council chaired by the deputy secretary of defense. The recommendations are predominately based on the military value of each installation.

We determined the military value of active duty, Air National Guard and Air Force Reserve installations based on principles including homeland defense, global power projection, a balanced total force, and efficient and effective training.

The BRAC recommendations resulted in the closure and/or realignment of Air Force installations, which may have affected many members of our entire team.

Base realignments and closures can be stressful for members of our

total force. Your Air Force leadership is committed to providing all the information we can to help those who may be affected by the 2005 BRAC decisions.

For service members, retirees, civilian employees and their families, we've established dedicated telephone lines, 888-473-6120 and DSN 222-7348/7349 (available 8 a.m. - 8 p.m. EDT) to help answer questions regarding the BRAC recommendations, as well as a BRAC Web site, [www.af.mil/brac](http://www.af.mil/brac).

Base realignments and closures can also be traumatic for local communities. Fortunately, several communities impacted by previous BRAC actions have moved forward.

For example, the Pease AFB, N.H., community employed an aggressive economic development plan that generated more than a 1,000 percent increase in civilian jobs within a decade of the base's closure.

Additionally, Austin, Texas, turned the former Bergstrom Air Force Base into a new international airport that has 25 gates and serves 7.2 million passengers each year.

General Jumper and I are committed to assisting you and your families who may be affected by BRAC decisions. We're confident our remarkably talented team will stay the course through this process, and strengthen our position as the world's greatest air and space power



*Michael L. Dominguez is the acting Secretary of the Air Force, Washington, D.C. In this role, he is responsible for the affairs of the Department of the Air Force, including the organizing, training, equipping and providing for the welfare of its more than 360,000 men and women on active duty, 180,000 members of the Air National Guard and the Air Force Reserve, 160,000 civilians, and their families. Mr. Dominguez also serves as Assistant Secretary of the Air Force for Manpower and Reserve Affairs, Washington, D.C. A political appointee confirmed by the Senate, Mr. Dominguez heads a four-division department that deals at the policy level with Air Force manpower and Reserve affairs issues.*

  
Michael L. Dominguez  
Acting Secretary of the Air Force

**"The remarkable teamwork of our Airmen, civilians, families, and local communities strengthens America's Air Force and Department of Defense operations around the world."**



Tech. Sgt. Randy Mallard

## Duty downrange

Tech. Sgt. Edgar Santiago of Aviano Air Base serves a dish while deployed with the 379th Expeditionary Services Squadron in Southwest Asia. Sergeant Santiago works in the Manhattan Dining Facility, located in a new building with new equipment - a welcomed break from the desert sun.

# Aviano students help two African schools

By Kulani Elliott and Amanda Tongen  
Aviano High School

Local high school students adopted a project that will last until the end of the school year to help two schools in Africa.

The students are part of Mr. Kevin James' World Regions class at Aviano High School and the schools are located in Kenya and Ethiopia.

"If you live your entire life without helping others, are you truly living or merely existing," Mr. James asked his class.

The project resulted from a class discussion on third-world poverty. Ms. Ann Lee, the Aviano Middle School counselor, told the students about her experience teaching at the schools.

"Students in one of the schools had to sit on the dirt floors, and sometimes they had 60 kids to one teacher," said Ms. Lee. "There was a boy who wanted to learn Italian and he was trying to teach himself from a book published in 1966."

"We wanted to help school kids in a poorer part of the world," said Jessica Gonyea, a freshman at AHS. "I feel bad spending my money on worthless things, when these kids in Africa don't even have the essentials for a good education."

The students decided to solicit donations of money and goods that they can send to these schools. They started by sending letters to corporations, families, and friends and have been making donations just within the class, as well as organizing school fund-raisers.

Although they have already made more than \$300 this still leaves them short of their original goal of raising \$1,000 by the end of the school year, according to Mr. James.

"We just want to give these kids an opportunity for a better education, for a better future, and I feel this is a good way to do it," said Rebecca Gilbert, an AHS freshman.

Students are also collecting books, clothes, school supplies and other essentials at the school.

**Safe Highway:** People can report reckless drivers by visiting the Aviano Intranet, Safe Highway link. Reports must be as specific as possible.

# President nominates General Moseley for CSAF

By Master Sgt. Mitch Gettle  
Air Force Print News

The president announced May 16 his nomination of Gen. T. Michael Moseley as chief of staff of the Air Force to succeed Gen. John P. Jumper who has served in the position since September 2001.

"I am deeply honored and humbled to have been nominated to serve as the next Air Force chief of staff," said General Moseley, Air Force vice chief of staff. "This is a challenging as well as an exciting time for our service and, if confirmed by the United States Senate, I look forward to this next opportunity to continue to serve the Air Force, the 'joint team' and our great nation.

"General John Jumper has set the highest standards for our service as we've conducted operations with our joint and coalition partners in the (war on terrorism) and other contingency situations around the world," he said.

"I'm committed to maintaining those same standards as we meet future challenges with the remarkably talented Airmen and civilians on our total force team," he said.

General Moseley entered the Air Force in 1971 and has commanded a fighter weapons instructor course, an operations group, a wing and a numbered air force. He also commanded the U.S. Central Command Air Forces and served as the Combined Forces Air Component Commander for operations Southern Watch, Enduring Freedom and Iraqi Freedom.

"I'm pleased that President Bush has nominated General Moseley to be the next Air Force chief of staff," said Michael L. Dominguez, acting secretary of the Air Force.

"As his nomination is considered by the Senate, I'm completely confident that he'll lead our Airmen with the same vision and passion he's shown as a superb vice chief

of staff. General Moseley is immensely talented and his leadership will help guide America's Airmen as part of the joint warfighting team. I know he will build on the extraordinary accomplishments of General Jumper, who has magnificently led the Air Force for the past four years," he said.

Some of General Moseley's previous Pentagon assignments include serving as director of legislative liaison for the secretary of the Air Force; deputy director for politico-military affairs for Asia/Pacific and Middle East, the Joint Chiefs of Staff; and chief of the Air Force general officer matters office.

General Moseley earned his undergraduate and masters degrees in political science from Texas A&M University. He completed Squadron Officer School, Air Command and Staff College, and National War College.

General Moseley's nomination has been sent to the Senate for confirmation.

## RESCON CORNER

### DUIs

Week 2  
28 days 4

Rescon Charlie

### Sortie Board

	Hours	Sorties
<b>31st FW</b>		
Goal	1500.2	695
Ahead or Behind	194.7	-5
<b>510th FS</b>		
Goal	858.9	240
Ahead or Behind	240.5	33
<b>555th FS</b>		
Goal	641.3	455
Ahead or Behind	-45.8	-38



White House photo by Krisanne Johnson

### Honoring the fallen

President George W. Bush stands with U.S. Army Maj. Gen. Galen Jackman as he lays a wreath at the Tomb of the Unknown Soldier at the Arlington National Cemetery on Memorial Day Monday. The President also gave a speech, reading parts of letters sent home from Iraq from servicemembers killed in combat.

**AADD:** People can call Airmen Against Drunk Driving at 0434-30-5938 for a safe, anonymous ride home. Don't drive drunk.

## DoD study to investigate Airmen health



How healthy are Airmen after 20 years? One study seeks to find out.

An ongoing Department of Defense health study will ultimately examine health surveys submitted by servicemembers throughout 20 years.

The joint-service Millennium Cohort Study will evaluate the health risks of military deployments, occupations and general military service, said Navy Cmdr. (Dr.) Margaret Ryan, director of the DOD Center for Deployment Health Research in San Diego.

Enrollment for the study began in 2001, and close to 100,000 servicemembers have enrolled since then, including active-duty and reserve components. Of those, more than 20,000 participants are Airmen.

Participants are selected and asked to complete a survey every three years through 2022. To make participation as effortless as possible, respondents have the option of completing either online surveys or paper surveys that arrive in the mail.

Although enrollment has been hampered

### What is this study about?

The Millennium Cohort Study will reveal changes in veterans' health status over time. It will also serve as a data repository, providing a foundation which additional studies may be constructed. For more information, visit [www.millenniumcohort.org](http://www.millenniumcohort.org).

by deployments supporting operations Enduring Freedom and Iraqi Freedom, it is increasingly important for servicemembers to respond to study invitations during these periods, DOD health officials said.

Results have already led to a better understanding of the general health of servicemembers, while future studies will focus on specific disease outcomes and multisymptom illnesses, officials said. (Air Force News Service)



# Aviano government housing

## Application process keeps things streamlined

**By Airman 1st Class Sarah Gregory**  
31st Fighter Wing Public Affairs,  
Vigileer staff writer

Jet lag, briefings, right-start, study the road signs, look at houses, built-to-lease or economy housing, bombola or city gas ... trying to adjust to a new culture, customs and the housing differences can make PSCing here confusing and daunting at times.

One process that doesn't have to be that way is applying for government housing.

"Since the military pays the rent and utilities for government housing, families don't have to worry about incurring any out-of-pocket expenses," said Jerry Berry, 31st Civil Engineer Squadron housing flight commander. "This is especially helpful because it is difficult for military spouses to find work."

When choosing government housing, there are two options: the government rental housing program or built-to-lease housing. Government housing are privately-owned homes leased to the government for servicemembers to rent and can be anything from a stand-alone house to apartments. BTL houses are housing communities built specifically for military members and their families.

Eligibility requirements and the application process are identical for both.

To be considered for government hous-

ing, servicemembers must be permanently assigned to Aviano with authorized command-sponsored dependents, explained Gloria Madison, 31st CES, chief of family housing here. Military-to-military families are also allowed to occupy government family housing when both members are stationed here.

The next step in the housing process is to fill out an application, which can be done through the servicemember's losing housing office.

"Completing an advanced application allows a person to be put on a tentative waiting list," explained Mr. Berry. Thirty days before the family arrives, the servicemember receives a waiting number indicating his place on the waiting list.

The waiting number is based on when families arrive on station.

If an Airman doesn't complete an advanced application, he is considered a walk-in case and receives a waiting number based on the date the family arrives, whether or not it's concurrent travel. If the family PCSed together, the waiting number is based on the date of application, said Mr. Berry.

The number of family members dictates the number of bedrooms needed and therefore, which list they'll be put on, said Mrs. Madison. "For example, our junior enlisted



For more information about Aviano government housing, call Ext. 7418.

two-bedroom waiting list currently has an 11-month wait, while the four bedroom waiting list is shorter."

When a house becomes available, regardless of location, the housing office calls the person.

The family has the option to accept or decline the house for any reason within 24-hours, said Mr. Berry. "We try to offer families two houses when we call them, but depending on inventory, they might only receive one at a time. A family can be offered two different houses, right next to each other or in different sections of town; it's a random selection."

After two acceptable houses are declined, the family goes off the waiting list and has to reapply again in 90 days. As houses become available, they are offered to the next family on the list.

"The housing office does this to ensure every family is treated fairly," said Mrs. Madison.

**Aviano Phone Extension:** All DSN phone numbers on Aviano begin with 632. Only the last four digits of a number change.

## Sending charitable donations via MPS prohibited

**By Tech. Sgt. Kirk Baldwin**

*U.S. Air Forces in Europe Postal Policy and Programs*

Each year, the Department of Defense plays a huge role in delivering relief supplies and assisting in relief operations worldwide. For people overseas who want to contribute, the problem is getting the package where it needs to be.

However, the military postal service is not an option, said U.S. Air Forces in Europe postal officials. Sending charitable contributions through Air Mobility Command or through the MPS is prohibited.

In Europe, organizations within the command raised money and supplies for the victims of the recent tsunami. The only problem was getting the items to the victims without using the military postal system, said Matt Haacker, USAFE's postal functional area manager.

"These commendable efforts and the spirit behind them are extremely noteworthy," Mr. Haacker said. "However, when the charity includes sending donations via mail, we must stop and follow the authorized delivery methods."

The Department of Defense is prohibited by law to provide airlift to non-DOD activities, said Robert Eichholz of the Air Force director of communications operations office. This means organizations and people authorized to use MPS cannot serve as intermediaries for any person or organization not specifically authorized such service.

Just because there is postage on a package or it is being sent through the MPS does not mean the mailing is paid for, Mr. Haacker said. The

postage applied to mailings only applies to movement while in the possession of the U.S. Postal Service.

"A 20-pound box going to Chicago will cost (about) \$25 in postage," he said. "That postage defrays transportation costs from the gateway at New York to Chicago. All remaining transportation costs from a military base to New York are at DOD expense."

DOD spends more than \$73 million moving mail between U.S. gateways and military locations worldwide every year, Mr. Eichholz said.

"The most expensive is movement to Southwest Asia in support of operations Enduring Freedom and Iraqi Freedom," he said. "Lack of commercial lift in the theater reduces the commercial mail potential."

"Because of that, we must buy contract airlift from companies that are operating in that area," he said. "This is a very expensive option. A round-trip cargo flight between New York and Kuwait costs the DOD (about) \$395,000 per flight."

"No one moves anything for free," Mr. Haacker said. "For this reason, only authorized personnel may use the MPS. Any other use could be considered misuse of taxpayer dollars."

"American people have a great spirit of giving when the need arises, and military personnel are no exception to this rule," he said. "The most important thing to remember is that convoy size increases as the demand on the system and mail volumes grow. This places more servicemembers on the road and in harm's way." (Courtesy of USAFE News Service)

## Airman's Attic

The Aviano Airman's Attic is open to all ranks 10 a.m. to 2 p.m. Saturday.

## Teen volunteers

The American Red Cross is looking for teen volunteers to donate their time this summer in various base agencies. Motivated students, ages 14 and up, are needed to work in orderly rooms and other base agencies. The office also has some positions for students under 14. For more details, call Ext. 5576.

## Legal change

The legal office has changed their notary and powers of attorney hours to 2 p.m. to 4 p.m. Mondays, Wednesdays and Fridays; 10:30 a.m. to 12:30 p.m. Tuesdays and Thursdays. For more information, call Ext. 7843.

## Combined briefings

The next Palace Front/Palace Chase briefing is 2 p.m. June 13, in the 31st Mission Support Group Conference Room. The Palace Front briefing is mandatory for all re-enlistment eligible airmen who are electing to separate from the Air Force. Airmen interested in early separation through Palace Chase may also attend. For more information, contact Master Sgt. Janet Boyles at Ext. 4919.

## Field closure

The Dragon Fitness Center football field and running track will be closed from June 6 to 14 for light tower construction. For more information, call Ext. 5479.

## Anger management

The Aviano Family Advocacy anger management class runs for four consecutive sessions Monday evenings from 6:30 to 8:00 p.m. Monday, June 13 and 27 and July 11. The class will meet at the Area One Education Center in Room B2. For more information or to sign up, call Ext. 5667.

## ERAU registration

Embry-Riddle Aeronautical University offers a minor

in security and intelligence through distance education courses. The school offers six classes in Intelligence Analysis, Writing and Briefing; national security issues and terrorism; global crime and criminal systems. For more information or to register, call Ext. 5140.

## Term 5 registration

University of Maryland University College Term 5 registration runs through Monday. For more information, call Ext. 5365.

## BRAC Web site

The Air Force has established a Web site to answer questions concerning Base Realignment and Closure recommendations. The Air Force Web site, [www.af.mil/brac](http://www.af.mil/brac), will have a list of affected bases from the BRAC list as well as links to frequently asked questions, news articles, and DOD and Air Force information concerning BRAC recommendations.

## Graduation ceremony

University of Maryland University College is holding a graduation ceremony here for August and December 2004 and June 2005 graduates Saturday in the Community Activity Center. For more information, call Ext. 5365.

## Field day volunteers

The Aviano Elementary School is looking for volunteers to support their field day for the third and fourth graders Tuesday and first and second graders Wednesday. Field day is from 8 a.m. to 1:30 p.m. in Area D. For more information, e-mail [meryl.smith@eu.dodea.edu](mailto:meryl.smith@eu.dodea.edu).

## Eagle Eyes

People should call Aviano's Eagle Eyes program to report any suspicious behavior or people in their neighborhoods. Call Ext. 7200 or 0434-30-7200 to make a report.

## La Leche League

The La Leche League of Aviano meets at 10 a.m. June 13 in the Chapel Educa-

tion Center, Bldg. 168. The group welcomes pregnant and breastfeeding mothers for an informal discussion on breastfeeding and nutrition. For more information, call 0434-75-5606 or 348-242-5373 or e-mail [LLLAviano@yahoo.com](mailto:LLLAviano@yahoo.com).

## Aviano Bag Sale

The Aviano Thrift Shop has a bag sale 10 a.m. to 2 p.m. Saturday. It also needs volunteers to help sort and shelf stock items, assist customers and maintain the shop in Area One behind the Chapel Annex. The shop is open 10 a.m. to 4 p.m. Tuesdays and Wednesdays, and one Saturday a month. Call Ext. 5428 for more information.

## Smooth Move

The Aviano Family Support Center offers a Smooth Move seminar 8:30 to 11:30 a.m. Fridays, except for base down days and federal holidays. Attendance is highly encouraged for airmen basic to technical sergeants and second lieutenants to captains. Call the FSC at Ext. 5407 for more information.

## Online payments

Government travel cardholders can make payments online at [www.myeasypayment.com](http://www.myeasypayment.com) with the dollar amount owed, the account number and security code from the back of the card and the checking account and bank routing number from a personal check. For more information, call Bank of America customer service at 1-800-472-1424.

## Deployment briefing

Those deploying soon can attend a pre-deployment briefing 9 a.m. Wednesdays except holidays, down days and base exercises at the Aviano Family Support Center. Call Ext. 5407 to sign up.

## Job opportunities

The Aviano Thrift Shop is accepting applications for its manager and assistant manager/bookkeeper positions. These are permanent posi-

tions. Applicants should have management and money-handling experience. Also, the thrift shop seeks someone with financial experience to conduct an audit on their books. The shop will pay for this service. For more information on the positions, call Ext. 5428 10 a.m. to 4 p.m. Tuesdays and Wednesdays.

## Birth certificates

The Sacile City Hall has distributed complimentary Italian nonofficial, memento birth certificates for all births up through January 2005. Due to the size of the documents, they can not be mailed. Families can pick them up at the Sacile hospital on the second floor. The ward is open 24 hours a day, 7 days a week.

## Wingman Wednesdays

Wingmen with their cards can receive the following benefits Wednesdays around the base: bowling for two for the price of one along with free shoe rental at the Aviano Bowling Center; Wingmen workout 4 to 5 p.m. at the Dragon Fitness Center; and 25 cent wings at the La Bella Vista Club.

## Donation collections

People are no longer permitted to leave donated items in front of the commissary entrance. Donors must call the organizations to find out where to leave items.

## Moped law

All moped operators are required to have a moped license both on- and off-base. Individuals must possess a valid U.S. driver's license with motorcycle endorsement and attend a class or face a fine of 512 Euro.

## Sponsor training

The Aviano Family Support Center offers a sponsor training class 1 to 2 p.m. Wednesdays. It assists in helping newcomers start their assignment here off right. Training can be brought to individual units. Call the FSC at Ext. 5407 for more information.



## It all falls down

The Area One water tower here topples over after being detonated May 30. The tower was removed to make space for construction in the area, all part of the Aviano 2000 base renovation project. The space will be used for a parking lot next to a new medical facility.

Staff Sgt. Michael Holzworth



Airman 1st Class Scherrie Gates

## On the job

Airman 1st Class Chris DePasquale, a special purpose vehicle mechanic with the 31st Logistics Readiness Squadron here, inspects a humvee for brake leaks May 20. His vehicle maintenance unit is responsible for more than 1,600 government-owned vehicles on the base.

# Aviano in Pictures

From “fini flights” to imploding towers, Aviano Air Base has been one busy place. But that’s the name of the game at the U.S. Air Force’s only fighter wing south of the Alps.



Senior Airman Nichole Adamowicz

## Got water?

Brig. Gen. Phil Breedlove, former 31st Fighter Wing commander, gets hosed by his son after completing his final flight with the 31st Fighter Wing May 23. It’s tradition for pilots to get doused after their “fini flights.”



Senior Airman Nichole Adamowicz

## Landing

An Italian service-member braces for landing after jumping here May 19 with the 173rd Airborne Brigade based from Vicenza, Italy. Both Italian and American Airmen and Soldiers worked together to maintain their jump proficiency over the skies of Aviano.



### Travel Safety

#### Road trip

- Start your trip with a automotive check-up. Check your tires, and be sure you have a functional spare and tools to change it.

- In an emergency, carefully work your way to the side of the road at the first sign of trouble. Try to reach an exit on the autostrada. Place flares, warning flags or reflective triangles behind your vehicle to warn other motorists of your presence. Turn on emergency flashers.

- Your summer driving ability is often impaired by heat, which can leave you fatigued and less alert. Park in the shade and if you have air conditioning, run it to keep your car cool. Switch drivers on longer trips to avoid road fatigue.

- Summer storms can create slippery road surfaces and cause vehicles to hydroplane or skid out of control. If this occurs, release the accelerator and avoid braking until the car slows. Control should return in a few seconds.

#### Train travel

- Train travel is an excellent way to see the countryside and meet local citizens. Plan your tickets and reservations carefully with a travel agent or the train station ticket agent. Be specific when referring to train stations because many large European cities have more than one. Never entrust your luggage to someone not in uniform. Get baggage claim checks and hold on to them. (31st Fighter Wing Safety Office)



Courtesy photo

#### **Name this vacation location**

This little guy has the best urinary tract in Europe, having been performing since 1619. The statue is very often dressed. He has a wardrobe of more than 600 costumes, which are all preserved in the City Museum at the Grand Place. The city in which it's located is best known as the home of the EU, which, given recent developments, is something of a poisoned chalice. But in fact, the EU neither dominates nor defines the city, merely forming one layer of a city that has become, in postwar years at least, a thriving, cosmopolitan metropolis. It's a vibrant and fascinating place, with architecture and museums to rank among the best of Europe's capitals, not to mention a superb restaurant scene and an energetic nightlife. Be the sixth person to send the correct city name and country, plus the name of the little man, to [vigileer@aviano.af.mil](mailto:vigileer@aviano.af.mil).

**Bottled water:** It's always a good idea to purchase bottled water while traveling, especially when visiting foreign countries.



Staff Sgt. Julie Weckerlein

**Salzburg, Austria** is the birthplace of Wolfgang Amadeus Mozart.

## Information, Tickets and Tours

Upcoming tours from the Information, Tickets and Travel office include:

- Saturday - Croatia by boat
- Saturday and Sunday - Florence

Overnight

- June 11 - Guided Salzburg and Eagle's Nest
- June 11 - Guided Bologna
- June 17 - Guided Venice and gondola ride

- June 18 - Wine tasting in Grado with special Roman fish banquet

- June 22 - Gardaland

The ITT escort will ensure the group arrives and departs from the destination as scheduled and will do everything possible to make the trip safe and comfortable. He or she will provide general information about the area, as well. Call Ext. 5072 or 5026.





Team Ramstein spikes over Sangdalem during the U.S. Air Forces Europe volleyball tournament May 20.

Photos by Staff Sgt. Michael Holzworth



Team Ramstein's closes the gate on Spangdalem.

*Courtesy of Combat Fitness:*

# Volleyball



Shawn Manning goes for a block on Team Ramstein during the championship game May 21.



Team Aviano celebrates after a point-winning volley during the championship game. Team Ramstein went on to claim top honors during the tourney.



Team Ramstein celebrates their USAFE Volleyball championship victory over the Aviano women's team.



Team Incirlick huddles for strategy around coach Oveta White.

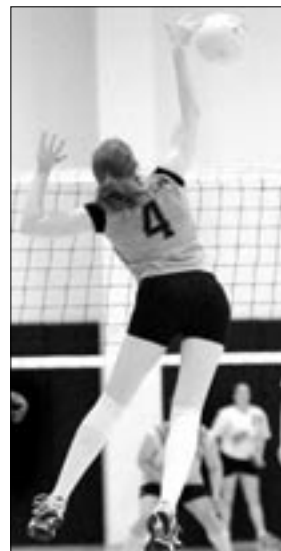
# Venture



Yuki Riley of team Ramstein stands ready to receive the serve during the USAFE volleyball tournament.



Staff Sgt. Kirna Hires of Team Aviano spikes a volleyball against Team Ramstein during the U.S. Air Forces in Europe Women's Volleyball Championship. The Aviano team is headed to Germany to compete in the joint European Command volleyball championship.



Team Ramstein goes for the kill.

## Fly Bys

### Personal trainer

The Dragon Fitness Center offers a new personal trainer for those looking for an exclusive one-on-one training program. One-hour sessions cost \$20. Call Jennifer at 0434-747170 or e-mail her at [jennifersgym@yahoo.com](mailto:jennifersgym@yahoo.com) to make an appointment.

### Pool passes

The Aviano pool opens Memorial Day weekend. Contact Outdoor Recreation for monthly and season passes at Ext. 8623

### Skate Park closure

The Aviano skate park is closed June 30 through July 8 for the base Fourth of July celebration.

### Field closure

The Dragon Fitness Center football field and running track will be closed from June 6 to 14 for light tower construction. For more information, call Ext. 5479.

### Field day volunteers

The Aviano Elementary School is looking for volunteers to support their field day for the third and fourth graders June 7 and first and second graders June 8. Field day is from 8 a.m. to 1:30 p.m. in Area D. For more information, e-mail [meryl.smith@eu.dodea.edu](mailto:meryl.smith@eu.dodea.edu)

### Total body conditioning

The Dragon Fitness Center offers total body conditioning Classes on Mondays, Wednesdays and Fridays. For more information, call Ext. 5479.

### Massage therapist

The Area 2 Fitness Center has a massage therapist. For more information or to make an appointment, call Ext. 7574.

### Fitness classes

The Aviano Community Center offers fitness and power stretch classes for \$25 per person per month. Space is limited and the center has a waiting list for the available classes. For more information, call Ext. 5479.

# How to reign in your inner workaholic

By Lt. Col. Bill Starr  
Air Force News Service

One summer evening, shortly after arriving at my new assignment, my boss strolled by my house and saw my wife and children sitting on our front porch.

He asked her where I was. My wife told him I was still at the office. When she relayed this to me, in the egotistical corner of my heart, I secretly hoped he was impressed by my work ethic.

The next morning, my boss called me. I expected a verbal pat on the back for my diligence and hard work.

Instead, he asked me what I was doing so late at the office and asked if I had been doing that every night since taking over. I told him I had indeed been working late every night.

Contrary to the kudos I expected, he told me anyone could be a workaholic and achieve great things professionally. He had hired me to perform and excel in not one but two areas: my professional and personal life.

This incident gnawed at the back of my mind and caused me to do a lot of introspection. I examined my professional, family and personal life and found that they weren't in balance.

So I made a commitment to myself to work on achieving a better balance in these three areas. This is what my little voyage of self-discovery revealed to me.

I discovered over the years I had slipped into a pattern of late work hours, bringing work home, going in on the weekends and never quite mentally disengaging from the office. I justified this by trying to stay competitive with my peers and to make sure my work output was beyond reproach.

In conjunction with my slow drift into being a workaholic, I discovered that I had put in very little quality time with my family. My excuse was always that there was work that had to be done

so I was going to be home late. My day had been rough, so I was going to lie on the couch and vegetate for a while. Stress from work became my excuse to not get involved at home.

Growing up, church and sports were a big part of my life. Over the years, without realizing it, I had reduced my worship to only the major holidays and my physical activity to the bare minimum required to pass the annual physical fitness test.

Again, my excuse to myself was I was at the office on Saturday, so my only chance to relax was Sunday; therefore, I couldn't go to church or some equally rationalized excuse.

After realizing things were sufficiently out of whack, I made a conscious decision to achieve balance. The first thing I did was to leave the office one day at (gasp) 4 p.m. It was a hard thing to do, but believe it or not, the office actually kept running without me and the world didn't come to an end.

I can't leave every day at that time but when the end of the normal duty day comes around, now I do a quick inventory of what needs to be done. I spend a lot fewer late nights in the office and things still actually get done.

I found out a very simple truth. I was a workaholic because I was afraid to fail in my professional life.

What I discovered was that once I was able to take the risk to slow down at work and placed more emphasis on my family and personal life, my professional performance actually improved.

I was able to get more done in less time. I was less stressed out and was nicer to the folks at work, and, all in all, I enjoyed all the facets of my life more.

Having said that, I must be honest and tell you that I'm writing this while sitting on an airplane on the first day of our family vacation. Old habits die hard.



## The Cornerstone

An indispensable and fundamental basis

The Cornerstone Page is devoted to those who support junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The Cornerstone Page will also offer Air Force trivia and facts.

### Submission info:

We want to hear from you. Flex your writing talents and share your thoughts with us and the community.

Commentaries: Writers can send commentaries to [vigileer@aviano.af.mil](mailto:vigileer@aviano.af.mil). Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send kudos to [Vigileer@aviano.af.mil](mailto:Vigileer@aviano.af.mil) with the subject line "Kudos." Kudos can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.

## Kudos: Recognizing Those Who Serve

# Graduates

### Airman Leadership School

Congratulations to the following Aviano Airman Leadership School graduates. ALS is the first step of Professional Military Education for the Air Force's enlisted corps. Senior airmen and staff sergeant selects must complete this 24-day course in order to obtain the title "supervisor." • Clint Bryant, 31st Maintenance Squadron, John Levitow award recipient • Tyson Gee, 31st Security Forces Squadron, Leadership Award and Distinguished Graduate recipient • Jeremy Flint, 31st Mission Support Squadron, Academic Award recipient • Johnny Raguay, 31st Logistics Readiness Squadron, Distinguished Graduate recipient • James Freeman, 712th Munitions Squadron, Distinguished Graduate recipient • Michael Tirrell Gordon, 31st Aircraft Maintenance Squadron • John Janese, 31st AMXS • Joshua Stephens, 31st AMXS • Satyacharran Sanjay Gupta, 31st AMXS • Andrew Gardner, 31st AMXS • Jacob Lewis, 31st AMXS • Frank Castro, 31st AMXS • Rigoberto Vasquez, 31st Civil Engineer Squadron • Simon Zika, 31st CES • Miguel Colungahuerta, 31st CES • Andrew Hays, 31st Communications Squadron • Howard Cronk, 31st CS • Miriam Larson, 31st Dental Squadron • Amber Roller, 31st LRS • Robert Oliver, 31st LRS • Kevin Jones, 31st LRS • Onitra Lucas, 31st MSS • Christopher Bast, 31st MXS • Clint Bryant, 31st MXS • Nicole Sundberg, 31st Operations Support Squadron • Jason Spry, 31st SFS • Matthew Odom, 31st SFS • Miguel Rodriguez, 31st SFS • Brandon Nicely, 31st SFS • Donald Flowers, 31st SFS • Earl Robinett, 31st SFS • Kristen Lofu, 31st Services Squadron • David Marshall, 496th Air Base Squadron • Ricardo Hawkins, 603rd Air Control Squadron • Aaron Barriere, 603rd ACS • Brian Michael Shields, 712th MUNS